

Level 3 in Mental Health and Therapeutic Approaches For Children and Young People (NCFE Customised Qualification)



To complete the Level 3 Qualification there are 4 elements:

1. Five days of training – Previously Therapeutic Inclusion Room Training

The **Th.Inc.Room®** approach uses a combination of educational, therapeutic and nurturing approaches shown to effectively meet the needs of children and young people failing to access school and life fully for emotional reasons. This course trains an individual to set up and effectively run therapeutic interventions for individuals and small groups. The course covers theory that explores Mental Health and Wellbeing in children/young people and teaches appropriate therapeutic approaches. It includes skills exercises, practical activities, peer discussion and opportunities to explore resources.

"The course has been amazing. I have learnt so much that I have already implemented and gained more confidence." Primary TA

"Brilliant course - very inspiring, hands on practical ways to make a difference." Secondary Assistant Head

2. Two additional days of training on Transformative Play - Previously 'Let the Toys Talk'.

This two day training course explains and explores the Transformative Play model. It will take the participants on their own creative journey as they discover the three ways in which children/young people can use play and creative activities to develop cognitively, socially and emotionally. The course will equip participants to safely and effectively deliver Transformative Play sessions to individual children/young people. It is an experiential course so come prepared to play!

"I found the course extremely valuable"

"I have gained vital knowledge and new skills which will enable me to be a better worker in the Th.Inc.Room."

"Wonderful training. I can't wait to put it into practice."

3. Six hours of group Supervision via Zoom whilst setting up and running your initial interventions

4. A Portfolio that evidences the practical application of your training.

Bridget Sheehan is the Director of eQe, the creator of the Th.Inc.Room approach and of the Transformative Play model. She is an experienced teacher, therapist, behaviour consultant and trainer and has worked in schools for over 28 years.



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